

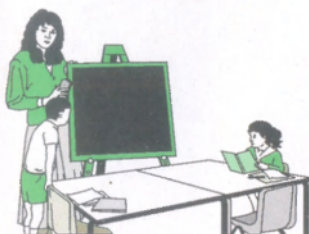


chhoti chhoti BATEIN

- Last in Line
- Haircuts
- & much more...

SCHOOL

A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write and they won't let me talk!"



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ONE STEP at a TIME

Whether life hands you a bucket of stuff that you're anxious to get rid of, or you find yourself sitting on life's sidelines but longing for something more, the dilemma is the same.

How do we get the push we need to move on? It's that old approach avoidance thing that keeps us stuck. Our hearts say, "Go," but our feet won't move. One foot firmly placed in what we know; the other poised to take us to what we truly desire. It all seems so simple, intellectually. We want something different, so why don't we just move forward with all the gusto we can muster?

As a psychologist and coach specialising in life transitions, I have seen two primary roadblocks to moving on: resistance and fear. "Resistance," you are probably thinking, "what planet is she from? You bet I'm resistant. Who wants to lose a mate, get fired, and get diagnosed with hypertension?" Or perhaps you find yourself in some other uncomfortable place. So what's resistance got to do with moving on or



drowning in misfortune? Imagine you are standing by the ocean's edge. For balance, you dig your heels into the sand. But each new wave just knocks you down. Finally, the undertow drags you out to sea. If you try swimming back against the tide, you'll exhaust yourself and drown.

If you do as water safety experts tell us - swim parallel to shore until the powerful current subsides - you'll likely survive. Therein lies the first secret to moving on.

The next time you experience a loss, or face real disappointment, by all means kick and scream and whine and weep, for while. You expected things to go along as they had before. It's okay to ask, "Why me?" For a while.

Then it's time to shift gears and start accepting what is. You may be feeling that your situation is unfair, but in reality, it just is. So, try to embrace any good that might be hidden in it.

Have you learned something? Did someone else benefit? Have you received love and concern? Has it strengthened your faith? Once you have mourned your loss, and acknowledged any good, shift your focus to what you want next.

Facing forward, squaring your shoulders to the future, envision all that your soul desires. Allow yourself to dream again, of how you want to feel, who you want to share your life with, where you

want to live, what you want to contribute, and when you want to move on.

Then, you'll just have to get your feet to follow your heart. I mentioned that the second common roadblock to moving on to what's best for you next is fear... fear of failure, fear of success, fear of not being loved, fear of not being enough.

Fear of the unknown - anything outside of our comfort zone - is universally human. It is exquisitely normal to be afraid. But, it need not be immobilising. For the courage to walk with your fears in the direction of your dreams, you might have to change your mind. Change all thoughts to empowering ones. Ask not "Why me?" Ask, "What can I do to reach my goals?" Change any mindset of "I can't" to a mindset of "I can."

Just as when you climbed the high diving board as a child, gave a first speech in college, got married, or decided to be a parent, you will find the strength to face any future challenges. Change any overly independent thoughts such as "I'll handle this alone" to "I have many sources of help, if I simply ask." Shift any catastrophising thoughts such as "This is the worst thing that could happen to me" to "I'm sure I'll survive this one."

The secret to moving on is to simply keep moving, one thought, one step, and one day at a time.

TIME TO REST

It has been said that the amount of sleep required by the average person is just five minutes more! Too many of us are chronically sleep-deprived. Late to bed and early to rise. And it costs us dearly.

Dr. Dean

Ornish wrote a bestselling



book called STRESS, DIET AND YOUR HEART. It was a good book. In it he talks about how to manage stress, how diet promotes a healthy life and why proper stress management and good diet affects ones heart.

He should have been on top of the world. He had just turned forty. He was fit and healthy. STRESS, DIET AND YOUR HEART soared to the top of The New York Times bestseller list. So what was the problem?

Where was the joy and fulfillment he so desperately wanted?

He was working more than 80 hours a week, what with speaking, promoting his book and working, and he was exhausted. A wake-up call came in a conversation with a flight attendant. Ornish had just barely made it in time for his flight and he collapsed

into his seat. A flight attendant noticed his frazzled state. She remarked, "You look harried." "I feel harried," he admitted.

The attendant tried to encourage him. She said, "I just read a book that might help! She said she highly recommended it. It was a book called STRESS, DIET AND YOUR HEART. She told him that it had some wonderful stress-management techniques that he might try.

At that point Dr. Ornish decided to make the changes he so desperately needed.

(From "Why Being Happy Keeps You Healthy," by Dean Ornish, M.D., "Family Circle," April 1, 1998)

We need lots of rest. These bodies are beautiful creations. They run practically on peanuts and, when well cared for, they can serve us splendidly for many years. But when neglected they run down like an unwound clock.

Sir John Lubbock once said this about relaxation: "Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time." Is it time to rest?

-Steve Goodier, *Isspublishing*

Life consists not in holding good cards
but in playing those you hold well.

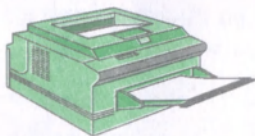
-Josh Billings

Genghis Khan, Renaissance guy..

BEIJING (Reuters) - Genghis Khan - notorious as the ruthless, bloodthirsty creator of an empire that spanned Asia and Europe - also laid the foundations for the Renaissance, China's Xinhua news agency said Thursday.

"Genghis Khan introduced papermaking and printing technologies to Europe and pioneered cultural exchanges between Asia and Europe," it quoted Zhu Yaoting, a specialist on Mongolian history at Beijing Union University, as saying.

"He brought cultural progress that helped liberate the Europeans from the bondage of theology - in this sense, his expeditions served as a catalyst for the Renaissance," he said.



Genghis Khan's expeditions to Europe also reopened the Silk Road and laid the path for

Marco Polo's historic trip to China.

"The expedition revived the ancient trade link and made economic and cultural exchanges possible again between the isolated civilizations," said Chen Yuning, a professor at Ningxia University.

Last month, state media said Genghis Khan could also be considered the founder of globalization for forming the largest contiguous land empire in history.

The 800th anniversary of his uniting Mongol tribes, the beginnings of his empire, is being commemorated this year.

History is divided on when the Renaissance started and some historians believe there were a number of Renaissance periods in Europe starting from the 12th century. The Italian Renaissance in the 15th century is perhaps the most famous, during which the arts and sciences, particularly mathematics and astronomy, flourished.

China has also in the past made numerous other unusual historical claims, including the contention the Chinese invented football and golf.

And some Chinese academics say China "discovered" America decades before Christopher Columbus.

-More from Rondout, Copyright Reuters 2006

You cannot strengthen the weak by weakening the strong. You cannot help small men by tearing down big men. You cannot help the poor by destroying the rich. You cannot lift the wage earner by pulling down the wage-payer. You cannot keep out of trouble by spending more than your income. You cannot further the brotherhood of man by inciting class hatreds. You cannot build character and courage by taking away a man's initiative and independence. You cannot help men permanently by doing for them what they could and should do for themselves.

-Abraham Lincoln

LAST IN LINE

A bus carrying only ugly people crashes into an oncoming truck, and everyone inside dies. As they stand at the Pearly Gates waiting to enter Paradise and meet their maker, God decides to grant each person one wish because of the grief they have experienced.

They're all lined up, and God asks the first one what the wish is. "I want to be gorgeous," and so God snaps His fingers, and it is done.



The second one in line hears this and says "I want to be gorgeous too." Another snap of His fingers and the wish is granted.

This goes on for a while with each one asking to be gorgeous, but when God is halfway down the line, the last guy in the line starts laughing.

When there are only ten people left, this guy is rolling on the floor, laughing his head off. Finally, God reaches this last guy and asks him what his wish will be.

The guy eventually calms down and says:

"Make 'em all ugly again".

NEXT TIME YOU'RE LAST IN LINE . . BE HAPPY!!

-Source Unknown

QUESTION

I invented an interesting game where you roll five dice.
If you roll 5, 3, 2, 1, 6 - you get 5 points.

1, 3, 6, 5, 1 = 6 points

6, 6, 5, 1, 5 = 1 point

2, 3, 4, 5, 1 = 3 points

4, 5, 4, 2, 3 = 0 points

1, 1, 6, 1, 6 = 9 points



How many points do you get for this roll? 3, 6, 5,
3, 3 = ?

Hint: In this game, you don't want to roll too many
high numbers. You might lose points! You'd definitely
lose points if all five numbers were the same.

Answer on Page No. 14

CONSIDER THE FOLLOWING FACTS

You are at this moment surrounded by what your
conversations have created. Your life today is what
your words have made it.

Therefore, the words you choose today, are defining
how well you will live tomorrow.

All words have consequences... Think first - Plan-
THEN SPEAK.

YOU WIN OR LOSE BY THE WORDS YOU CHOSE.

Business and personal success rests on two bedrock
elements, good plans and good verbal skills.

Knowing what to say and how to say it.

Language provides class identification. The quality
of your conversation defines to the world who and
what you are.

-Source Unknown

Why Parents Go Gray?

The boss of a big company needed to call one of his employees about an urgent problem with one of the main computers. He dialed the employee's home phone number and was greeted with a child's whispered, "Hello?"

Feeling put out at the inconvenience of having to talk to a youngster the boss asked, "Is your Daddy home?"



"Yes", whispered the small voice.

"May I talk with him?" the man asked.

To the surprise of the boss, the small voice whispered, "No."

Wanting to talk with an adult, the boss asked, "Is your Mommy there?"

"Yes," came the answer.

"May I talk with her?"

Again the small voice whispered, "No."

Knowing that it was not likely that a young child would be left home alone, the boss decided he would just leave a message with the person who should be there watching over the child. "Is there any one there besides you?" the boss asked the child.

"Yes," whispered the child, "A policeman."

Wondering what a cop would be doing at his employee's home, the boss asked "May I speak with the policeman?"

"No, he's busy," whispered the child.

"Busy doing what?" asked the boss.

"Talking to Daddy and Mommy and the Fireman," came the whispered answer.

Growing concerned and even worried as he heard what sounded like a helicopter through the ear piece on the phone the boss asked, "What is that noise?"

"A hello-copper," answered the whispering voice.

"What is going on there?" asked the boss, now alarmed. In an awed whispering voice the child answered, "The searchy team just landed the hello-copper."

Alarmed, concerned, and more than just a little frustrated, the boss then had to ask, "Why are they there?"

Still whispering, the young voice replied along with a muffled giggle...

"They're looking for me!"

OPINIONS

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."

A Life In Your Hands

If a child lives with criticism, he learns to condemn;
If a child lives with hostility, he learns to fight;
If a child lives with ridicule, he learns to be shy;
If a child lives with shame, he learns to feel guilty;
If a child lives with tolerance, he learns to be patient;
If a child lives with encouragement, he learns confidence;
If a child lives with praise, he learns to appreciate;
If a child lives with fairness, he learns justice;
If a child lives with security, he learns to have faith;
If a child lives with approval, he learns to like himself;
If a child lives with acceptance and friendship, he learns to find love in the world.

-Dorothy Law Holte

HAIRCUTS

Women's version:

Woman 2: Oh! You got a haircut! That's so cute!

Woman 1: Do you think so? I wasn't sure when she gave me the mirror. I mean, you don't think it's too fluffy looking?

Woman 2: Oh God no! No, it's perfect. I'd love to get my hair cut like that, but I think my face is too wide. I'm pretty much stuck with this stuff I think.

Woman 1: Are you serious? I think your face is

adorable. And you could easily get one of those layer cuts - that would look so cute I think. I was actually going to do that except that I was afraid it would accent my long neck.



Woman 2: Oh - that's funny! I would love to have your neck! Anything to take attention away from this two-by-four I have for a shoulder line.

Woman 1: Are you kidding? I know girls that would love to have your shoulders. Everything drapes so well on you. I mean, look at my arms - see how short they are? If I had your shoulders I could get clothes to fit me so much easier.

Men's version:

Man2: Haircut?

Man1: Yeah

-Gazdook

ANSWER

2 points

To determine the number of points, you add up the two highest numbers and then subtract the three lowest numbers.

$$6 + 5 - 3 - 3 - 3 = 2$$

Crisis of self-esteem

Crisis of self-esteem are a part of the human experience. When you feel troubled by low self-esteem, review the suggestions below and choose those that are relevant to your situation and work on them. Be patient with yourself: change takes time and steadfast work.

1.Free yourself from "shoulds". Live your life on the basis of what is possible for you and what feels right to you instead of what you or others think you "should" do. "Shoulds" distract us from identifying and fulfilling our own needs, abilities, interests and personal goals. Find out what you want and what you are good at, value those, and take actions designed to fulfill your potential.

2.Respect your own needs. Recognize and take care of your own needs and wants first. Identify what really fulfills you - not just immediate gratifications. Respecting your deeper needs will increase your sense of worth and well-being.

3.Set achievable goals. Establish goals on the basis of what you can realistically achieve, and then work step-by-step to develop your potential. To strive always for perfectionist, absolute goals - for example, "Anything less than an A in school is always unacceptable" -invites stress and failure.

4. Talk to yourself positively. Stop listening to your “cruel inner critic.” When you notice that you are doubting or judging yourself, replace such thoughts with self-accepting thoughts, balanced self-assessment and self-supportive direction.

5. Test your reality. Separate your emotional reactions - your fears and bad feelings - from the reality of your current situation. For example, you may feel stupid, anxious and hopeless about a project, but if you think about it, you may still have the ability and opportunity to accomplish something in it.

6. Experience success. Seek out and put yourself in situations in which the probability of success is high. Look for projects which stretch but don't overwhelm your abilities. “Image” yourself succeeding. Whatever you accomplish, let yourself acknowledge and experience success and good feelings about it.

7. Take chances. New experiences are learning experiences which can build self-confidence. Expect to make mistakes as part of the process; don't be disappointed if you don't do it perfectly. Feel good about trying something new, making progress and increasing your competence.

8. Solve problems. Don't avoid problems, and don't moil about them. Face them, and identify ways to solve them or cope with them. If you run away from problems you can solve, you threaten your self-confidence.

9. Make decisions. Practice making and implementing positive decisions flexibly but firmly, and trust yourself to deal with the consequences. When you assert yourself, you enhance your sense of yourself, learn more, and increase your self-confidence.

10. Develop your skills. Know what you can and can't do. Assess the skills you need; learn and practice those.

11. Emphasize your strengths. Focus on what you can do rather than what you cannot. Accept current limitations and live comfortably within them, even as you consider what strengths you might want or need to develop next.

12. Rely on your own opinion of yourself. Entertain feedback from others, but don't rely on their opinions. Depend on your own values in making decisions and deciding how you feel about yourself and what is right for you to do.



-More From Rondout

**We all have big changes in our
lives that are more or less
a second chance.**

- Harrison Ford, American Actor

Random Nonsense!

Cosmic Ruminations on recent perceptions...

- Sign seen at local day care center: "Two-year-old teacher needed."
- Typical male comment: "We're lost.... but at least we're making good time."
- When we mail fruitcake, we leave off the return address. . .
- My son recently asked, "Why do they call it rush hour when no one seems to be rushing and it always takes more than an hour?"
- If we impeached every politician who lied to the American public, Washington, D.C., would be a ghost town.
- So, if they combined country with rap, would they call it crap?
- Her internet addiction has cured her soap opera addiction.
- Being late for work doesn't give you the right to put other motorists at risk with your reckless driving. Leave home earlier!

*We turn not older with years,
but newer every day.*

-Emily Dickinson (1830 - 1886)

A Grateful Heart



When yesterday was said and done, I sat down to reflect on what I thought was a tough day at the office. I wanted to say those two very simple but powerful words, 'Thank You', and I thought I would

have to dig pretty deep to find something I was grateful for...It turns out it wasn't that difficult after all.

So I want to say thank you for fellow teachers who chose to smile at me as they walked by or even managed to take the time to ask how I was doing.

For all the students who challenged me and made me wonder what I could have said and done differently.

For those kids in the back row who knew how to push all the right buttons, and made me think twice about teaching that way again.

For the quiet ones in the corner who did all the right things and then shyly said goodbye as they left the room, and made me smile.

For the struggling student who finally 'got it' - And let the whole class know about it.

For the diligent students who handed in a masterpiece (and reminded me that some of them do actually listen to instructions).

For the co-workers who lent an ear or a shoulder, until I once again came up with my own reasons why I have chosen this challenging path (and perhaps why it keeps drawing me back).

For the books that messed up my desk as I tried to find new and interesting ways to teach the same thing (knowing that somewhere in the world a teacher would love to have that as a problem).

For the endless stream of fresh water, coffee, tea, milk and sugar and morning teas served up right here in the staff-room.

For classrooms fitted out with every possible teaching aid and the latest pieces of technology (even if I don't really know how to use any of them very well).

And thank you for the eager, smiling faces of those students who say good morning to me as I rush by each day and actually seem pleased that I am back to do it all over again!

Maybe I can teach them facts and figures, or how to string a sentence together in a foreign language...and maybe they will never remember any of it, who knows?

I do know that every day I come here as a teacher, knowing very well that I am the one who is here to learn...and that I indeed have a lot to be thankful for.

-Nicole Papasidero

Be a Winner

The Winner - is always part of the answer

The Loser - is always part of the problem

The Winner - always has a program

The Loser - always has an excuse

The Winner - says "Let me do it for you"

The Loser says "That's not my job"

The Winner - sees an answer for every problem

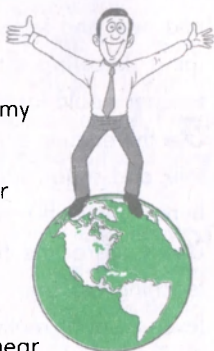
The Loser - sees a problem for every answer

The Winner - sees a green near every sand trap

The Loser - sees two or three sand traps near every green

The Winner - says "It may be difficult but it's possible"

The Loser - says "It may be possible but it's too difficult"



-Author Unknown

Laugh A Little Bit

Here's a motto, just your fit -
Laugh a little bit.

When you think you're trouble hit,
Laugh a little bit.

Look misfortune in the face,
Brave the beldam's rude grimace;

Ten to one "twill yield its place,
If you have the wit and grit
Just to laugh a little bit

Keep your face with sunshine lit,
Laugh a little bit.

-Author Unknown

Poem contributed by: Harry Updegraff, Jr.

EXPRESSIONS

Life is an opportunity

Life is an adventure

Life is a challenge

Life is a mystery

Life is a tragedy

Life is a struggle

Life is a promise

Life is a journey

Life is a beauty

Life is a puzzle

Life is a sorrow

Life is a game

Life is a duty

Life is a song

Life is a love

Life is a spirit

Life is a goal

Life is a gift

Take it.

Dare it.

Accept it.

Unfold it.

Face it.

Fight it.

Fulfill it.

Complete it.

Praise it.

Solve it.

Overcome it.

Play it.

Perform it.

Sing it.

Enjoy it.

Realise it.

Achieve it.

Accept it.

Dr. R. K. Sharma*

*Contribution from Dr. R. K. Sharma,

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